NAME: MATTHEW GRADE:

**FITNESS**

### Term One Date: ­­­­­­­­

Term Four Date:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Task** | **Term 1 Estimate** | **Term 1 Answer** | **Term 4**  **Estimate** | **Term 4**  **Answer** |
| **Height** | cms  120 | cms  136 | cms | cms |
| **Weight (optional)** | kgs | kgs | kgs | kgs |
| **Vertical**  **Jump** | cms  60 | cms  24 | cms | cms |
| **Standing Long Jump** | Cms  50 | Cms  144 | cms | cms |
| **Sit Reach test (flexibility)** | Cms  0 | Cms  0 | cms | cms |
| **Beep Test** | (Level)  6 | (Level)  7.2 | (Level) | (Level) |
| **50m Sprint** | secs…  7 | secs…  9.2 | secs… | secs… |
| **Laps of the gym – 80m (4mins)** | 5 | 8 |  |  |
| In one minute I can do… | | | | |
| **Star**  **Jumps** | 20 | 30 |  |  |
| **Burpies** | 20 | 19 |  |  |
| **Lunges** | 22 | 28 |  |  |
| **Skips of**  **the rope** | 10 | 30 |  |  |
| **Push-ups**  **(on knees or full)** | 15 | 20 |  |  |

#### Term 2: I think I can improve upon my 50m sprint

I will do this by practicing runing

Term : Did I improve upon my selected goals? Why/Why not?